CHAPTER **5**
Reliability of Physical Findings

KEY TEACHING POINTS

- *Reliability* refers to how often two clinicians examining the same patient agree about the presence or absence of a particular physical finding. Commonly used measurements of reliability are *simple agreement* or the *kappa (κ-) statistic*.
- About 60% of physical findings have κ-statistics of 0.4 or more, indicating that observed agreement is moderately good or better.
- Despite the common belief that technologic tests are more precise than bedside observation, the κ-statistics observed for most diagnostic standards (e.g., chest radiography, computed tomography, angiography, magnetic resonance imaging, endoscopy, and pathology) are similar to those observed for physical signs.
- Some causes of interobserver disagreement can be eliminated, but because clinical medicine is inherently a human enterprise (even when interpreting technologic tests), subjectivity and a certain level of clinical disagreement will always be present.

Reliability refers to how often multiple clinicians, examining the same patients, agree that a particular physical sign is present or absent. As characteristics of a physical sign, reliability and accuracy are distinct qualities, although significant interobserver disagreement tends to undermine the finding's accuracy and prevents clinicians from applying it confidently to their own practice. Disagreement about physical signs also contributes to the growing sense among clinicians, not necessarily justified, that physical examination is less scientific than more technologic tests, such as clinical imaging and laboratory testing, and that physical examination lacks their diagnostic authority.

The most straightforward way to express reliability, or interobserver agreement, is **simple agreement**, which is the proportion of total observations in which clinicians agree about the finding. For example, if two clinicians examining 100 patients with dyspnea agree that a third heart sound is present in 5 patients and absent in 75 patients, simple agreement would be 80% (i.e., [5 + 75]/100 = 0.80); in the remaining 20 patients, only one of the two clinicians heard a third heart sound. Simple agreement has advantages, including being easy to calculate and understand, but a significant disadvantage is that agreement may be quite high by chance alone. For example, if one of the clinicians in our hypothetical study heard a third heart sound in 10 of the 100 dyspneic patients and the other heard it in 20 of the patients (even though they agreed about the presence of the heart sound in only 5 patients), simple agreement by chance *alone* would be 74%.* With chance agreement this high, the observed 80% agreement no longer seems so impressive.

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*Agreement by chance approaches 100% as the percentage of positive observations for both clinicians approaches 0% or 100% (i.e., both clinicians agree that a finding is very uncommon or very common). The Appendix at the end of this chapter shows how to calculate chance agreement.

To address this problem, most clinical studies now express interobserver agreement using the kappa (κ-) statistic, which usually has values between 0 and 1. (The Appendix at the end of this chapter shows how to calculate the κ-statistic.) A κ-value of 0 indicates that observed agreement is the same as that expected by chance, and a κ-value of 1 indicates perfect agreement. According to convention, a κ-value of 0 to 0.2 indicates *slight* agreement; 0.2 to 0.4 *fair* agreement; 0.4 to 0.6 *moderate* agreement; 0.6 to 0.8 *substantial* agreement; and 0.8 to 1.0 almost *perfect* agreement.[†] Rarely, physical signs have κ-values less than 0 (theoretically as low as –1), indicating the observed agreement was worse than chance agreement.

Table 5.1 presents the κ-statistic for most of the physical signs discussed in this book, demonstrating that, with rare exceptions, observed agreement is better than chance agreement (i.e., κ-statistic exceeds 0). About 60% of findings have a κ-statistic of 0.4 or more, indicating that observed agreement is moderate or better.

Clinical disagreement occurs for many reasons—some causes clinicians can control, but others are inextricably linked to the very nature of clinical medicine and human observation in general. The most prominent reasons include the following: First, the physical sign's definition can be vague or ambiguous. For example, experts recommend about a dozen different ways to perform auscultatory percussion of the liver, thus making the sign so nebulous that significant interobserver disagreement is guaranteed. Ambiguity also results if signs are defined with terms that are not easily measurable. For example, clinicians assessing whether a peripheral pulse is present or absent demonstrate moderate-to-almost perfect agreement (κ = 0.52 – 0.92, see Table 5.1), but when the same clinicians are asked to record whether the palpable pulse is normal or diminished, they have great difficulty agreeing about the sign (κ = 0.01 – 0.15) simply because they have no idea what the next clinician means by "diminished." Second, the clinician's technique may be flawed. For example, common mistakes are using the diaphragm instead of the bell of the stethoscope to detect the third heart sound, or stating a muscle stretch reflex is absent without first trying to elicit it using a reinforcing maneuver (e.g., Jendrassik maneuver). A third reason for clinical disagreement involves biologic variation of the physical sign. The pericardial friction rub, pulsus alternans, cannon A waves, Cheyne-Stokes respirations, and many other signs are notoriously evanescent, tending to come and go over time. Fourth, the clinician could be careless or inattentive. The bustle of an active practice may lead clinicians to listen to the lungs while conducting the patient interview or to search for a subtle murmur in a noisy emergency room. Reliable observations require undistracted attention and an alert mind. Lastly, the clinician's biases can influence the observation. When findings are equivocal, expectations influence perceptions. For example, in a patient who just started blood pressure medications, borderline hypertension may become normal blood pressure; in a patient with increasing bilateral edema, borderline distended neck veins may become clearly elevated venous pressure, or in a patient with new weakness, the equivocal Babinski sign may become clearly positive. Sometimes, biases actually create the finding: if the clinician holds a flashlight too long over an eye with suspected optic nerve disease, he may temporarily bleach the retina of that eye and produce a Marcus Gunn pupil, thus confirming the original suspicion.

The lack of perfect reliability with physical diagnosis is sometimes regarded as a significant weakness, leading to the charge that physical diagnosis is less reliable and scientific than clinical imaging and laboratory testing. Nonetheless,

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[†]No measure of reliability is perfect, especially for findings whose prevalence clinicians agree approaches 0% or 100%. For these findings, simple agreement tends to overestimate reliability, and the κ-statistic tends to underestimate the reliability.

TABLE 5.1 Interobserver Agreement and Physical Signs

Finding (ref)	κ-Statistic
GENERAL APPEARANCE	
Mental Status Examination	
Mini-mental status examination[1]	0.28-0.80
Clock-drawing test (Wolf-Klein method)[2]	0.73
Confusion assessment method for delirium[3-6]	0.70-0.91
Altered mental status[7]	0.71
Stance and Gait	
Abnormal gait[8,9]	0.11-0.71
Skin	
Patient appears anemic[10,11]	0.23-0.48
Nailbed pallor[12]	0.19-0.34
Conjunctival pallor (rim method)[13]	0.54-0.75
Ashen or pale skin[7]	0.34
Cyanosis[10,14]	0.36-0.70
Jaundice[15]	0.65
Loss of hair[16]	0.51
Vascular spiders[15-17]	0.64-0.92
Palmar erythema[15-17]	0.37-1.00
Hydration Status	
Patient appears dehydrated[10]	0.44-0.53
Axillary dryness[18]	0.50
Increased moisture on skin[10]	0.31-0.53
Capillary refill >3 s[7]	0.29
Capillary refill >5 s[19]	0.74-0.91
Nutritional Assessment	
Abnormal nutritional state[10]	0.27-0.36
Other	
Consciousness impaired[10]	0.65-0.88
Patient appears older than age[10]	0.38-0.42
Patient appears in pain[10]	0.43-0.75
Generally unwell in appearance[10]	0.52-0.64
VITAL SIGNS	
Tachycardia (heart rate >100/min)[20]	0.85
Bradycardia (heart rate <60/min)[20]	0.87
Systolic hypertension (SBP >160 mmHg)[20]	0.75
Hypotension (SBP <90 mmHg)[20,21]	0.27-0.90
Osler sign[22-24]	0.26-0.72
Rumpel-Leede (tourniquet) test[25,26]	0.76-0.88
Elevated body temperature, palpating the skin[10]	0.09-0.23
Tachypnea[7,14,20]	0.25-0.60

Continued

TABLE 5.1 Interobserver Agreement and Physical Signs—cont'd	
Finding (ref)	**κ-Statistic**
HEAD AND NECK	
Pupils	
Swinging flashlight test (relative afferent pupil defect)[27]	0.63
Diabetic Retinopathy	
Microaneurysms[28,29]	0.58-0.66
Intraretinal hemorrhages[28,29]	0.89
Hard exudates[28,29]	0.66-0.74
Cotton wool spots[28,29]	0.56-0.67
Intraretinal microvascular abnormalities (IRMA)[28,29]	0.46
Neovascularization near disc[28,29]	0.21-0.48
Macular edema[28,29]	0.21-0.67
Overall grade[28,29]	0.65
Hearing	
Whispered voice test[30]	0.16-1.0
Finger rub test[31]	0.83
Thyroid	
Thyroid gland diffuse, multinodular or solitary nodule[32]	0.25-0.70
Goiter[33,34]	0.38-0.77
Meninges	
Nuchal rigidity, present or absent[35-37]	0.24-0.76
LUNGS	
Inspection	
Clubbing[14,38] (general impression)	0.33-0.45
Clubbing (interphalangeal depth ratio)[39]	0.98
Clubbing (Schramroth sign)[39]	0.64
Breathing difficulties[10]	0.54-0.69
Gasping respirations[7]	0.63
Reduced chest movement[14,40,41]	0.14-0.38
Kussmaul respirations[42]	0.70
Pursed lip breathing[41]	0.45
Asymmetric chest expansion[43]	0.85
Scalene or sternocleidomastoid muscle contraction[7,41,44]	0.52-0.57
Kyphosis[38]	0.37
Barrel chest[41]	0.62
Thoracic ratio ≥0.9[41]	0.32
Displaced trachea[14]	0.01
Palpation	
Tracheal descent during inspiration[44]	0.62
Laryngeal height ≤5.5 cm[41]	0.59
Impalpable apex beat[14,38]	0.33-0.44
Decreased tactile fremitus[14,43]	0.24-0.86
Increased tactile fremitus[14]	0.01
Subxiphoid point of maximal cardiac impulse[45]	0.30

TABLE 5.1 Interobserver Agreement and Physical Signs—cont'd	
Finding (ref)	κ-Statistic
Paradoxical costal margin movement[44,46]	0.56-0.82
Percussion	
Hyperresonant percussion note[14,40,45]	0.26-0.50
Dull percussion note[14,40,43,47]	0.16-0.84
Diaphragm excursion more or less than 2 cm, by percussion[45]	−0.04
Diminished cardiac dullness[45]	0.49
Auscultatory percussion abnormal[43,48]	0.18-0.76
Auscultation	
Reduced breath sound intensity[14,40,41,43,45,47,49,50]	0.16-0.89
Bronchial breathing[14,40]	0.19-0.32
Whispering pectoriloquy[14]	0.11
Reduced vocal resonance[43]	0.78
Crackles[14,47,49,51-54]	0.21-0.65
Wheezes[14,45,47,49,50]	0.43-0.93
Rhonchi[40,50]	0.38-0.55
Pleural rub[14,43]	−0.02-0.51
Special Tests	
Snider test <10 cm[45]	0.39
Forced expiratory time[41,45,55,56]	0.27-0.70
Hoover sign[50]	0.74
Wells simplified rule for pulmonary embolism[57]	0.54-0.62
HEART	
Neck Veins	
Neck veins, elevated or normal[51-53,58]	0.08-0.71
Abdominojugular test[58]	0.92
Palpation	
Palpable apical impulse present[59-61]	0.68-0.82
Palpable apical impulse measureable[62]	0.56
Palpable apical impulse displaced lateral to midclavicular line[51,59,60,63]	0.43-0.86
Apical beat normal, sustained, double, or absent[63]	0.88
Percussion	
Cardiac dullness >10.5 cm from midsternal line[64,65]	0.57
Auscultation	
S2 diminished or absent, vs. normal[66]	0.54
Third heart sound[51-53,58,67-69]	−0.17-0.84
Fourth heart sound[68,70]	0.15-0.71
Systolic murmur, present or absent[66]	0.19
Systolic murmur radiates to right carotid[66]	0.33
Systolic murmur, long systolic or early systolic[71]	0.78
Murmur intensity (Levine grade)[72]	0.43-0.60
Systolic murmur grade >2/6[73]	0.59

Continued

TABLE 5.1 Interobserver Agreement and Physical Signs—cont'd	
Finding (ref)	κ-Statistic[*]
Carotid Pulsation	
Delayed carotid upstroke[66]	0.26
Reduced carotid volume[66]	0.24
ABDOMEN	
Inspection	
Abdominal distension[74,75]	0.35-0.42
Abdominal wall collateral veins, present vs. absent[15]	0.47
Palpation and Percussion	
Ascites[15,17,53]	0.47-0.75
Abdominal tenderness[74-76]	0.31-0.68
Surgical abdomen[75]	0.27
Abdominal wall tenderness test[77,78]	0.52-0.81
Rebound tenderness[74]	0.25
Guarding[74,75]	0.36-0.49
Rigidity[74]	0.14
Abdominal mass palpated[75]	0.82
Palpable spleen[15,17]	0.33-0.75
Palpable liver edge[79]	0.44-0.53
Liver consistency, normal or abnormal[15]	0.4
Liver firm to palpation[80]	0.72
Liver, nodular or not[15]	0.29
Liver, tender or not[17]	0.49
Liver, span >9 cm by percussion[51]	0.11
Spleen palpable or not[81]	0.56-0.70
Spleen percussion sign (Traube), positive or not[82]	0.19-0.41
Abdominal aortic aneurysm, present vs. absent[83]	0.53
Auscultation	
Normal bowel sounds[75]	0.36
EXTREMITIES	
Peripheral Vascular Disease	
Peripheral pulse, present vs. absent[84,85]	0.52-0.92
Peripheral pulse, normal or diminished[84]	0.01-0.15
Cool extremities[53]	0.46
Severity of skin mottling over leg[86,87]	0.87
Diabetic Foot	
Monofilament sensation, normal or abnormal[88-90]	0.48-0.83
Probe-to-bone test[91-93]	0.59-0.84
Edema and Deep Venous Thrombosis	
Dependent edema[51-53]	0.39-0.73
Well pre-test probability for DVT[94,95]	0.74-0.75
Musculoskeletal System—Shoulder	
Shoulder tenderness[96]	0.32
Painful arc[96-99]	0.45-0.64

TABLE 5.1 Interobserver Agreement and Physical Signs—cont'd	
Finding (ref)	**κ-Statistic**
External rotation of shoulder <45 degrees[96]	0.68
Supraspinatus test (empty can)[96,99,100]	0.44-0.94
Infraspinatus test (resisted external rotation)[96,97]	0.49-0.67
Impingement sign (Hawkins-Kennedy)[96,97,99,100]	0.29-1.0
Drop arm test[96,99]	0.28-0.35
Musculoskeletal System—Hip	
Patrick' test[101]	0.47
Passive internal rotation ≤25 degrees[101]	0.51
Musculoskeletal System—Knee	
Ottawa knee rules[102,103]	0.51-0.77
Knee effusion visible[102,104,105]	0.28-0.59
Knee flexion <90 degrees[102]	0.74
Patellar tenderness[102,104]	0.69-0.76
Head of fibula tenderness[102]	0.64
Inability to bear weight immediately and emergency room after knee injury[102,104]	0.75-0.81
Bony swelling of knee[106]	0.55
Joint line tenderness[105-108]	0.11-0.43
Patellofemoral crepitus[106]	0.24
Mediolateral instability of knee[106]	0.23
McMurray sign[105,108,109]	0.16-0.35
Musculoskeletal System—Ankle	
Inability to walk 4 steps immediately and in emergency room after ankle injury[110,111]	0.71-0.97
Medial malleolar tenderness[111]	0.82
Lateral malleolar tenderness[111]	0.80
Navicular tenderness[111]	0.91
Base of 5th metatarsal tenderness[111]	0.94
Ottawa ankle rule[112]	0.41
Ottawa midfoot rule[112]	0.77
NEUROLOGIC EXAMINATION	
Visual Fields	
Visual fields by confrontation[113]	0.63-0.81
Cranial Nerves	
Pharyngeal sensation, present or absent[114]	1.0
Facial palsy, present or absent[115,116]	0.57
Dysarthria, present or absent[117,118]	0.41-0.77
Water swallow test (50 mL)[119]	0.60
Oxygen desaturation test (for aspiration risk)[119]	0.60
Abnormal tongue strength[117]	0.55-0.63
Motor Examination	
Muscle strength, Medical Research Council (MRC) scale[120-123]	0.69-0.93
Foot tapping test[124]	0.73
Muscle atrophy[125,126]	0.32-0.82

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TABLE 5.1 Interobserver Agreement and Physical Signs—cont'd	
Finding (ref)	κ-Statistic*
Spasticity, 6 point scale[127]	0.21-0.61
Rigidity, 4 point scale[128]	0.64
Asterixis[15]	0.42
Tremor[126]	0.74
Pronator drift[129]	0.39
Forearm rolling test[129]	0.73
Sensory Examination	
Light touch sensation, normal, diminished, or increased[125,126]	0.22-0.63
Pain sensation, normal, diminished, or increased[121,125,126]	0.41-0.57
Vibratory sensation, normal or diminished[125,126]	0.28-0.54
Romberg test[126]	0.64
Reflex Examination	
Reflex amplitude, National Institute of Neurological Disorders and Stroke (NINDS) scale[130]	0.51-0.61
Ankle jerk, present or absent[121,131,132]	0.34-0.94
Asymmetric knee jerk[121]	0.42
Babinski response[15,116,124,126,133,134]	0.17-0.60
Finger flexion reflex[135]	0.65
Primitive reflexes, amplitude and persistence[136]	0.46-1.0
Coordination	
Finger-nose test[115,116,126,129]	0.14-0.65
Heel-shin test[126]	0.58
Peripheral Nerve	
Spurling test[137]	0.60
Katz hand diagram[138]	0.86
Flick sign[139]	0.90
Hypalgesia index finger[139]	0.50
Tinel sign[139]	0.47
Phalen sign[139]	0.79
Straight-leg raising test[121,140-144]	0.21-0.80
Crossed-leg raising test[121]	0.49

*Interpretation of the κ-statistic: 0 to 0.2 slight agreement, 0.2 to 0.4 fair agreement, 0.4 to 0.6 moderate agreement, 0.6 to 0.8 substantial agreement, 0.8 to 1.0 almost perfect agreement.

Table 5.2 shows that, for most of our **diagnostic standards**—chest radiography, computed tomography, screening mammography, angiography, magnetic resonance imaging, ultrasonography, endoscopy, and pathology—interobserver agreement is also less than perfect, with κ-statistics similar to those observed with physical signs. Even with laboratory tests, which present the clinician with a single, indisputable number, interobserver disagreement is still possible and even common, simply because the clinician has to interpret the laboratory test's **significance**. For example, in one study of three endocrinologists reviewing the same thyroid function tests and other clinical data of 55 consecutive outpatients with suspected thyroid disease, the endocrinologists disagreed about the final diagnosis 40% of the time.[32] The computerized interpretation of test results performs no better: in a study of pairs

TABLE 5.2 Interobserver Agreement: Diagnostic Standards

Finding (ref)	κ-Statistic
CHEST RADIOGRAPHY	
Cardiomegaly[58]	0.48
Pulmonary infiltrate[145]	0.38
Pneumonia[146]	0.45
Interstitial edema[58]	0.83
Pulmonary vascular redistribution[58]	0.50
Grading pulmonary fibrosis, 4 point scale[147]	0.45
CONTRAST VENOGRAPHY	
Deep vein thrombosis in leg[148]	0.53
SCREENING MAMMOGRAPHY	
Suspicious lesion, present vs. absent[149]	0.47
DIGITAL SUBTRACTION ANGIOGRAPHY	
Renal artery stenosis[150]	0.65
CORONARY ARTERIOGRAPHY	
Classification of coronary artery lesions[151]	0.33
ARTHROSCOPY	
Inflamed or torn supraspinatus tendon[152]	0.47
COMPUTED TOMOGRAPHY OF HEAD	
Normal or abnormal, patient with stroke[153]	0.60
Lesion on right or left side, patient with stroke[153]	0.65
Mass effect, present or absent[153]	0.52
COMPUTED TOMOGRAPHY OF THE CHEST	
Lung cancer staging[154]	0.40-0.60
Submassive pulmonary embolism present (angiography)[155]	0.47
Coronary lesion on CT coronary angiography[156]	0.57
MAGNETIC RESONANCE IMAGING OF HEAD	
Compatible with multiple sclerosis[157]	0.57-0.87
Pituitary microadenoma present[158]	0.30
MAGNETIC RESONANCE IMAGING OF LUMBAR SPINE	
Intervertebral disc extrusion, protrusion, bulge, or normal[159,160]	0.59
Lumbar nerve root compression[160,161]	0.63-0.83
ULTRASONOGRAPHY	
Calf deep vein thrombosis, present or absent[162]	0.69
Thyroid nodule, present or absent[163,164]	0.57-0.66
Thyroid nodule, cystic or solid[165]	0.64
Goiter is present[34]	0.63
ELECTROCARDIOGRAPHY	
Diagnosis of narrow-complex tachycardia[166]	0.70
ECHOCARDIOGRAPHY	
Severity of valvular regurgitation[167,168]	0.32-0.55
ENDOSCOPY	
Grade of reflux esophagitis[169]	0.55

Continued

TABLE 5.2 Interobserver Agreement: Diagnostic Standards—cont'd	
Finding (ref)	κ-Statistic
PATHOLOGIC EXAMINATION OF LIVER BIOPSY	
Cholestasis[170]	0.40
Alcoholic liver disease[170]	0.49
Cirrhosis[170]	0.59

*Interpretation of the κ-statistic: 0 to 0.2 slight agreement, 0.2 to 0.4 fair agreement, 0.4 to 0.6 moderate agreement, 0.6 to 0.8 substantial agreement, 0.8 to 1.0 almost perfect agreement.

of electrocardiograms taken only 1 minute apart from 92 patients, the computer interpretation was significantly different 40% of the time, even though the tracings showed no change.[171]

By defining abnormal findings precisely, by studying and mastering examination technique, and by observing every detail at the bedside attentively and without bias or distraction, we can minimize interobserver disagreement and make physical diagnosis more precise. It is simply impossible, however, to abstract every detail of clinicians' observations of patients into exact physical signs; in this way, physical diagnosis is no different from any of the other tools we use to categorize disease. So long as both the material and the observers of clinical medicine are human beings, a certain amount of subjectivity will always be with us.

APPENDIX: CALCULATION OF THE κ-STATISTIC

The observations of two observers who are examining the same N patients independently are customarily displayed in a 2×2 table, similar to that in Fig. 5.1. Observer A finds the sign to be present in w_1 patients and absent in w_2 patients; observer B finds the sign to be present in y_1 patients and absent in y_2 patients. The two observers agree the sign is present in a patients and absent in d patients. Therefore, the observed agreement (P_O) is

$$P_O = (a+d)/N$$

Calculation of the κ-statistic first requires calculation of the agreement that would have occurred by chance alone. Among all the patients, observer A found the fraction w_1/N to have the sign; therefore, by chance alone, among the y_1 patients with the sign according to observer B, observer A would find the sign in (w_1/N) times y_1 or $(w_1 y_1/N)$ patients (i.e., this is the *number* of patients in which both observers agree the sign is present, by chance alone). Similarly, both observers would agree the sign is absent by chance alone in $(w_2 y_2/N)$ patients. Therefore, the expected chance agreement (P_E) is their sum, divided by N:

$$P_E = (w_1 y_1 + w_2 y_2)/N^2$$

This equation shows that agreement by chance alone (P_E) approaches 100% as both w_1 and y_1 approach 0 or N (i.e., both clinicians agree that a finding is rare or that it is very common).
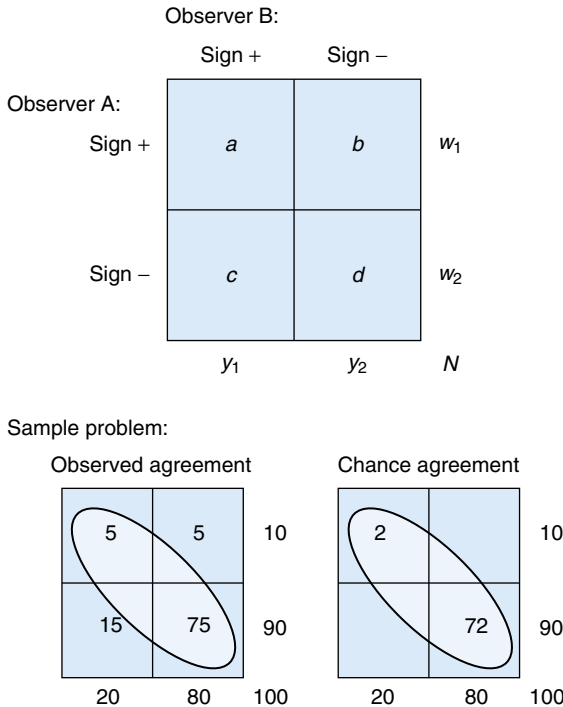
FIG. 5.1   INTEROBSERVER AGREEMENT AND THE κ-STATISTIC. *Top half:* Conventional 2 × 2 table displaying data for calculation of κ-statistic. *Bottom half:* A sample case, in which observed agreement is 80%, chance agreement is 74%, and the κ-statistic is 0.23 (see Appendix for discussion).

The κ-statistic is the increment in observed agreement beyond that expected by chance ($P_O - P_E$), divided by the maximal increment that could have been observed had the observed agreement been perfect ($1 - P_E$):

$$k = \frac{(P_O - P_E)}{(1 - P_E)}$$

For example, Fig. 5.1 depicts the observations of two observers in a study of 100 patients with dyspnea. Both agree the third heart sound is present in 5 patients and absent in 75 patients; therefore simple agreement is (5 + 75)/100 or 0.80. By chance alone, they would have agreed about the sound being present in (10 × 20)/100 patients (i.e., 2 patients) and absent in (90 × 80)/100 patients (i.e., 72 patients); therefore, chance agreement is (2 + 72)/100 patients or 0.74. The κ-statistic for this finding becomes (0.80 – 0.74)/(1 – 0.74) = (0.06)/(0.26) = 0.23.

The references for this chapter can be found on www.expertconsult.com.

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